

Mindful Continuing Education

Evaluating the Therapeutic Value of Psychedelics

1. The ban on psychedelic drugs in the United States was driven by all except

- A. the rise of the counterculture
- B. Vietnam War Protests
- C. lack of standards in clinical trials
- D. recreational drug use

2. Most psychedelics are labeled as Schedule 1 drugs meaning they have

- A. they have a high risk of abuse and no accepted medical use
- B. they have a high risk of abuse but have medical use
- C. they have a low risk of abuse and no accepted medical use
- D. they have a low risk of abuse and medical use

3. Classic psychedelics are

- A. dopamine receptor agonists
- B. glutamate receptor agonists
- C. norepinephrine agonist
- D. serotonin agonist

4. Psilocybin is also known colloquially as

- A. ecstacy
- B. magic mushrooms
- C. lucy
- D. dots

5. LSD is made by combining the chemical diethylamide with the natural occurring fungus

- A. psilocybin
- B. ergot
- C. peyote
- D. ibogaine

6. Mescaline is derived from

- A. a flowering plant

- B. a shrub
- C. a cactus
- D. a fungus

7. DMT is also known as the _____ for people's report of the profound life changing experiences.

- A. spirit molecule
- B. Special K
- C. magic mushroom
- D. ecstacy

8. Ketamine has always been a legal drug used as

- A. a pain killer
- B. a stimulant
- C. a sleep aid
- D. an anesthetic

9. Due to it's creating feelings of euphoria and connectedness MDMA is classified as

- A. a vasopressin
- B. an entactogen
- C. a depressant
- D. a stimulant

10. This psychedelic has shown a reduction in withdrawal symptoms, reductions in drug cravings and use, and even a complete cessation of drug use.

- A. Ibogaine
- B. MDMA
- C. Ketamine
- D. LSD

11. One way psychedelics work is by increasing the serotonergic signaling which in turn decreases the threat sensitivity, this helps treat anxiety and depression by

- A. increasing hyper-connectivity
- B. increasing amygdala reactivity
- C. reducing modulation of glutamate
- D. reducing the negative cognitive bias

12. One theory on how psychedelics work is

- A. by reseting a persons default mode network

- B. they are only effective with psychotherapy
- C. by stimulating numerous neurotransmitters at once
- D. by decreasing overproduction of hormones

13. Researchers are still trying to understand the correlation of how _____ improves therapeutic outcomes.

- A. classic psychedelics
- B. non-classic psychedelics
- C. mystical-type experiences
- D. psychedelic tourism

14. _____ is experienced whenever humans encounter stimuli so vast and novel that they must alter their understanding of reality.

- A. Reality
- B. Awe
- C. Rumination
- D. Empathy

15. In most clinical trials and treatment models the _____ consists of rapport building, history gathering, and psychoeducation.

- A. preparation session
- B. dosing session
- C. integration session
- D. follow-up session

16. In most clinical trials and treatment models the _____ consists of experience and insights being explored and reinforcing the desired changes.

- A. preparation session
- B. dosing session
- C. integration session
- D. follow-up session

17. The _____ is to protect the safety and welfare of participants and outline principles governing treatment decisions made by providers.

- A. confidentiality
- B. therapeutic alliance
- C. safety protocol
- D. code of ethics

18. These are the three main risks associated with pschedelic therapy except

- A. potential for a bad trip
- B. sertonin agonist
- C. potential to trigger an underlying psychotic disorder
- D. short-term physiological reactions

19. _____ is the practice of taking a small amount of psychedelic every few days to experience the benefits without the high.

- A. microdosing
- B. macrodosing
- C. mezzodosing
- D. mixed dosing

20. The FDA approved _____ on a limited basis to treat major depressive disorder and treatment resistant depression.

- A. Ketamine
- B. Esketamine
- C. MDMA
- D. DMT

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